

Soft Black Bean Tacos

Makes 8 servings

Ingredients:

1 tablespoon canola oil
1 teaspoon chili powder
1 teaspoon ground cumin seeds
2 (15-16 ounce) cans black beans, with liquid
½ cup water
8 soft corn tortillas
1 cup fresh or bottled salsa
½ cup shredded cheese (try cheddar, Colby or Monterey Jack)

Directions:

1. Heat oil in a large, heavy nonstick skillet on medium-high. Add chili powder and ground cumin. Allow spices to cook for 30 seconds.
2. Stir in black beans and ½ cup water. Mashing the beans with the back of your spoon, cook for 10 to 15 minutes. If they seem too dry, add more water. Remove from heat.
3. Heat the tortillas, two or three at a time, in a dry skillet on medium-high for a few minutes, or in the microwave for about 20-30 seconds.
4. Top tortillas with black beans, about two rounded tablespoons each. Spoon on some salsa and sprinkle on cheese. Fold the filled tortillas in half and serve.

Make ahead: The refried black beans will keep in the refrigerator for 3 days - add a little bit of water to them before reheating.

Nutrient analysis per serving: Calories 180, Protein 8 grams, Carbohydrates 25 grams, Fat 5 grams, Sodium 510 milligrams, Fiber 5 grams



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Black Bean and Vegetable Quesadillas

Makes 3 servings

Substitute fresh veggies that are in season.

Ingredients:

½ (15-16 ounce) can black beans, drained
½ tablespoon olive oil
1 medium carrot, peeled and diced
1 small zucchini, diced
1 cup chopped kale leaves
½ cup corn
6 whole wheat tortillas
½ cup shredded low-fat cheddar cheese
1 small bunch spinach or lettuce, shredded
½ cup plain low-fat yogurt
½ cup salsa
Salt and pepper
Parsley or cilantro, chopped (optional)

Directions:

1. Preheat oven to 350°F.
2. In medium skillet, heat oil and sauté carrots until semi-soft.
3. Add zucchini, kale and corn and cook until tender, about 8 minutes.
4. Add black beans to vegetables and cook until beans are heated. Season with salt and pepper.
5. Place 3 tortillas on cookie sheet. Spoon bean mixture onto tortillas.
6. Sprinkle each with 1/3 of cheese and top with another tortilla.
7. Bake until cheese melts.
8. Cut tortilla into wedges (like a pizza) and serve on a plate with shredded spinach or lettuce. Spoon salsa and yogurt over wedges and garnish with parsley or cilantro if desired.

Nutrient analysis per serving: Calories 340, Protein 17 grams, Carbohydrates 66 grams, Fat 6 grams, Sodium 880 milligrams, Fiber 8 grams



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Black Bean Soup with Rice

Makes 4 servings

Ingredients:

2 teaspoons canola oil
1 onion, chopped
1 celery stalk, chopped
1 green bell pepper, chopped
1 tomato, chopped
2 garlic cloves, finely chopped
2 teaspoons chili powder
1 ½ teaspoons ground cumin
2 (15-16 ounce) cans black beans, rinsed and drained
1 (14 ½-ounce) can reduced-sodium chicken or vegetable broth
¼ cup chopped cilantro
2 cups cooked brown rice

Directions:

1. Heat oil over medium heat in a large saucepan. Add onion and cook until softened.
2. Add celery, pepper, tomato, and garlic and cook until celery is softened.
3. Add the chili powder and cumin and cook 1 minute longer.
4. Add beans and mash coarsely with a potato masher or large fork.
5. Pour in the broth and heat until flavors are blended, about 10 minutes.
6. Stir in the cilantro. Serve each bowl with a ½ cup hot cooked rice on top.

Nutrient analysis per serving: Calories 359, Protein 16 grams, Carbohydrate 62 grams, Fat 5 grams, Sodium 760 milligrams, Fiber 13 grams

Source: *Weight Watchers: Eat! Move! Play!*



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Chickpea Salad

Makes 6 servings

Salad ingredients:

2 (15-ounce) cans chick peas, drained and rinsed
1/4 cup chopped parsley, or a combination of parsley and other herbs, such as chives, tarragon, marjoram, basil or mint (or 1 tablespoon dried herbs)
1 small red bell pepper, chopped
2 medium tomatoes, diced
4 scallions, sliced (optional)
6 olives, pitted and quartered lengthwise (optional)
¼ cup crumbled feta cheese (or other shredded cheese, such as Monterey Jack)

Dressing ingredients:

1 tablespoon fresh lemon juice (juice of 1/2 a lemon)
1 tablespoon red wine vinegar (or apple cider vinegar)
1 small garlic clove, minced
1/4 teaspoon ground cumin
Salt and pepper (to taste)
4 tablespoons olive oil
2 tablespoons plain low-fat or nonfat yogurt

Directions:

1. Toss together the salad ingredients in a large bowl.
2. In a small bowl, whisk together the lemon juice, vinegar, garlic, cumin, salt, pepper, olive oil and yogurt.
3. Pour dressing over salad ingredients and mix together. Serve.

Make ahead: The salad can be made several hours before serving. Keep in the refrigerator. Leftovers are good the next day.

Nutrient analysis per serving: Calories 240, Protein 8 grams, Carbohydrates 23 grams, Fat 14 grams, Sodium 440 milligrams, Fiber 1 gram



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Minestrone Soup

Makes 8 servings

Ingredients:

½ onion, chopped
1 cup potato, diced
1 cup carrot, diced
1 teaspoon olive or canola oil
2 cups water
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon garlic powder
½ teaspoon salt
½ teaspoon black pepper
1 cup zucchini, sliced
1 cup canned tomatoes
2 cups cooked kidney beans, rinsed
½ cup whole wheat pasta, uncooked (try elbows or small shells)

Directions:

1. Sauté onion, potato and carrot in oil in a large pot until onion is golden brown and soft.
2. Add water and spices. Boil gently for 15 minutes.
3. Add zucchini, tomatoes, beans and pasta. Boil 12 to 15 minutes until pasta is just cooked. Serve.

Nutrient analysis per serving: Calories 210, Protein 13 grams, Carbohydrates 37 grams, Fat 1 gram, Sodium 210 milligrams, Fiber 13 grams



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Vegetarian Chili

Makes 8 servings

Ingredients:

2 (15-16 ounce) cans beans (kidney, pinto, black or navy), drained (or 1 pound dried beans, soaked cooked and drained)
1 tablespoon olive oil
1 large onion, chopped
1 bell pepper, chopped
3 cloves garlic, minced
2 teaspoons chili powder
1 teaspoon ground cumin
1 (14-16 ounce) can diced tomatoes
Salt and pepper (to taste)

Directions:

1. In a deep pot, sauté onion and bell pepper in oil for about 5 minutes on medium heat.
2. Add garlic and sauté another minute.
3. Add remaining ingredients and simmer on low heat for about 20 to 30 minutes.

Variations:

Extra-Veggie Chili – add additional vegetables, such as chopped carrots, broccoli, spinach or corn in Step 3.

Traditional Chili – brown ½ pound lean ground beef or turkey in a skillet. Drain to remove fat. Add with other ingredients in Step 3.

Nutrient analysis per serving: Calories 160, Protein 9 grams, Carbohydrates 27 grams, Fat 3 grams, Sodium 440 milligrams, Fiber 7 grams



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